

# BIBLICAL COUNSELING FRAMEWORK

1 JN 4:18,  
PROV 28:1,  
GEN 3:6

**LACK OF LOVE**  
(Sin/Wrong  
Choice)

for God  
for others

Biblically wrong attitudes, words and actions, impatience, irritability, annoyance, anger, rage, temper, cruelty, unkindness, jealousy, envy, enmity, hatred, pride, conceit, arrogance, immorality, impurity, indecency, criminality, hostility, bragging, thoughtlessness, greed, selfishness, stubbornness, obstinacy, self centeredness, grumbling, thanklessness, discontentment, resentment, grudge-bearing, suspicion, hopelessness, unforgiveness, bitterness, pessimism, maliciousness, irritability, decreased energy...

ISA 57:21  
ROM 2:14-15  
GEN 3:10

**GUILT**  
(Sense of  
in our minds)

Feelings of guilt, sense of condemnation, anticipation of punishment, bothered conscience, accusing thoughts, down on self, low self-respect, sense of worthlessness, self-condemnation, excessive doubt about doing something.

1 JN 4:18,  
PROV 28:1,  
GEN 3:10

**(APPARENTLY  
UNCAUSED )  
FEAR**  
(in our minds)

Anxiety, uneasiness, apprehension, dread, tension, restlessness, worry, anticipation of misfortune, danger or doom, irritability, over-dependence, timidity, shyness, panic, terror, over-concern, hyper-happiness, imagination of illness, agitation, overactivity, easy distraction, persecution complex.  
May result in being hyper-alert, fidgety, talking too much, or difficulty falling asleep, impaired concentration, poor memory, excessive perspiration, muscle tension, headaches, sighing respirations, hyperventilation, abdominal pain, nausea, diarrhea, butterflies, high blood pressure, rapid heartbeat, fainting episodes...

LEV 26:17,  
PROV 28:1,  
GEN 3:10

**(APPARENTLY  
UNCAUSED )  
FLEEING**

Isolation, escape, inner hiding, denial, defensiveness, excessive self protection, abandonment or denial of self-evident truth, escape from reality, withdrawal of intimacy, flood one's body with stimuli, embracing of fantasy as reality, living in a fantasy world, unwillingness to reason, delusions, blaming, changing the subject, trying to get rid of another person...

## Sanctification Process for a Believer and Redemption Process for Un/Non Believer

1. **CONFESS SIN** (and **REPENT** of SIN) I JN 1:9, PROV 28:1, James 5:16  
2 Cor 7:10-11; Prov 28:13-14
2. **COUNT ON FORGIVENESS** (Accept you've been forgiven) ROM 8:1, EPH 1:7
3. **CONTROL OF SPIRIT** (Submit your thoughts, words, actions and relationships to the 'Standards of God') EPH 5:18, GAL 5:16
4. **COUNT ON CONTROL** (= Walk by FAITH not by Sight) Begin to walk in what's RIGHT. I JN 5:14-15

Do this  
and it  
leads to

## Practice These Expressions of Love Towards God

- A. Meditating on God's Word (Colossians 3:16, Psalm 1:1-3, 119:1)
- B. Obeying God's Word (John 14:15, James 1:22-25)
- C. Praising God constantly (Hebrews 13:15, Psalm 103:1, 150:1-6)
- D. Thanksgiving for all things (Ephesians 5:20, 1 Thessalonians 5:18)
- E. Worship in Spirit and Truth (John 4:23-24, Hebrews 10:24-25)
- F. Acceptance of what God Allows in your life (Romans 8:28, 1 Peter 5:7)
- G. Casting concerns and worries on Him (Philippians 4:6-7, 1 Peter 5:7)
- H. Loving others (1 John 4:20-21)
- I. Evangelism and Witnessing (Matthew 28:19-20, 1 Peter 2:9)
- J. Standing for what is right (1 Corinthians 16:13-14)
- K. Using your spiritual gifts (1 Peter 4:10-11)
- L. Helping others grow in Christ (2 Timothy 2:2, 1 Thessalonians 5:14, Hebrews 10:24)
- M. Thinking on good things (Philippians 4:8)
- N. Giving to God's Work (2 Corinthians 8:34, 8, 9:7)

**LOVE**  
(RIGHT)  
(Right Choice)

of God  
of others

PROV 28:1,  
1 JN 4:18,  
GAL 5:22

**PEACE**  
(OF GOD)

PHIL 4:7, 9  
ISA 26:3,  
GAL 5:22  
ROM 8:6

**CONFIDENCE**  
(BEFORE GOD)

PROV 28:1,  
1 JN 4:17-18,  
1 JN 3:21

**DRAWING NEAR**  
(TO GOD)

PROV 28:1,  
1 PET 2:4,  
HEB 4:16